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**Claim Amendments**

This listing of claims replaces all prior versions and listings of claims in the application.

1. (Currently Amended) A method for constructing a part of a tooth using a hardened object, said method comprising:
  - (i) forming a hardenable object into a shape suited for reconstructing part of a tooth from a microwave curable polymer composition; and
  - (ii) using a hand held microwave source to apply microwave energy to intra-orally harden said hardenable object.

Claims 2-32. (Canceled).

33. (Currently Amended) A method for forming a hardened object comprising:
  - (i) forming a hardenable object from a microwave curable composition; and
  - (ii) using a hand-held microwave source to apply microwave energy to intra-orally harden said hardenable object.

Claims 34-36. (Canceled).

37. (Currently Amended) A method for forming a hardened object comprising:
  - (i) forming a hardenable object from a microwave curable composition, said object when cured comprising a dental prosthesis or an orthodontic element, and
  - (ii) using a hand-held microwave source to apply microwave energy to intra-orally harden said hardenable object.

Claims 38-41. (Canceled).